

Transcript

Beating Procrastination with the Pomodoro Technique

Procrastination happens when we become distracted from our study despite knowing there could be negative consequences.

The pomodoro technique can help beat procrastination by generating short bursts of action, which helps motivation.

It's named after its Italian inventor's timer, which was shaped like a tomato or... pomodoro.

To use the technique, all you will need is a timer and your study materials.

Identify ONE task you'd like to work on and set your timer to one 'pomodoro' or 25 minutes. Challenge yourself to focus attention solely on your chosen study task until the alarm sounds.

This is your cue to take a 5-minute break. Then, set another 25-minute timer and return to your study task.

You can repeat the cycle as many times as you like but you should take a longer break after every fourth pomodoro.